Mindluster Platform

About the course Post op shoulder care Methods

Post-op shoulder care course, in this course we will learn about post-operative shoulder care, focusing on the management and rehabilitation strategies following shoulder surgery. Participants will explore various surgical procedures such as rotator cuff repair, shoulder arthroplasty, and labral repair, and the specific post-operative protocols associated with each. Emphasis will be placed on pain management, wound care, early mobilization, and exercise progression to optimize shoulder function and promote recovery. Through case studies and practical demonstrations, learners will develop comprehensive skills in providing post-operative care for patients undergoing shoulder surgery, ensuring optimal outcomes and patient satisfaction.

Medical Category's Courses

Course Lesson(9)

Lesson 1 : **Post op shoulder care video**

Lesson 2 : **Proper sling fitting after shoulder surgery**

Lesson 3 : **How to remove a sling after shoulder surgery if alone**

Lesson 4 : **How to remove a sling after shoulder surgery with assistance**

Lesson 5 : **How to change a shirt soon after shoulder surgery**

Lesson 6 : **Showering after shoulder surgery**

Lesson 7 : **Closing remarks regarding our Post op shoulder program**

Lesson 8 : **Post op shoulder surgery Sleeping with a sling**

Lesson 9 : **Pendulum Exercises Done Correctly**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

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